

INSIDE LEISURE VILLAGE

VOL. 46 NO. 2

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

FEBRUARY 7, 2025

Beverly's Village 22 Art Gallery

Beverly Goring has her art studio set up in her kitchen.

"If I'm in there cooking or eating, I'm in there painting!" the prolific artist said.

A huge easel fills space between the counter and window in her Village 22 home, brushes handy. Tubes and jars of paint are off to the side along with reference materials in special folders she looks through often.

"I will look at those and my fingers start to tingle," she said.

Goring's home looks like an art gallery with paintings, sculptures and other artworks by artists she has known throughout her life, both elsewhere and right here in Leisure Village. Her own paintings are mixed throughout.

For her, a painting is never finished. It might be hanging on the wall for a couple of years and she will walk past and see something she'd like to change and back on the easel it goes. She says all of her pajamas have paint on them. "I will be in bed and I'll think, I

should've put aqua in that one," she said.

She didn't start painting until 2000, after she retired.

"I was driving my husband crazy and I was driving me crazy, so I enrolled in a painting class and I thoroughly enjoyed it," she said. "It just took off and I never looked back." She was mentored by Aline Ordman, a master pastel and oil painter.

She started doing landscapes and more recently has gone more abstract, which she is enjoying. She paints with water mixable oil paints but recently has started using some fluid acrylics which work well in her abstract paintings. In one painting, she made circles by dipping the ends of a paper roll and disposable coffee cup in liquid acrylic paint, letting the paint run down in places..

One color that often appears in her paintings is a vibrant Venetian red.

"You see it in all my paintings,"

—Please see **PAGE 9**



Nicole D'Amore

Beverly Goring in her Village 22 Living room with a distinct composition painting

VILLAGE NEWS

By Dennis Doolittle

FY 25/26 Budget – The proposed FY 25/26 budget was presented at the January 15, 2025, Working Board Meeting. Final approval will be made at the Open Board Meeting on February 3, 2025.

Board of Directors – It's that time of the year again, the LV Board of Directors elections are coming in June. There will be three Board seats to be filled in this election. Two current Board members will not be able to run; Their term limits have expired. These Board seats are critical to the operation of Leisure Village. Residents have the opportunity to make a difference by being involved with Board poli-

cies and decisions, and to help in planning for the future. If you are interested in serving on the Board, there is a committee available to discuss the position and what is required. Contact Board members Marlynn Block or Ruth Stubba for more information.

Spectrum – The Village has signed a new contract with Spectrum. Included in the new contract are higher speed internet, free streaming channels including the full Disney/ESPN package, and a cost reduction to Leisure Village. In addition, the Village will receive a substantial cash payment in excess of \$300,000. The

new functionality is expected to be available by the end of February. Watch for announcements on availability.

Administration Building – The repair and restoration of the Administration Building is now complete. It is open for business Monday through Friday. Check it out, it is a big improvement.

Roofing Project – The Roofing Project is now working in Village 29 and will next start work in Village 18.

Paint Project – The Paint Project is now working in Village 9 and will next move to Village 19.

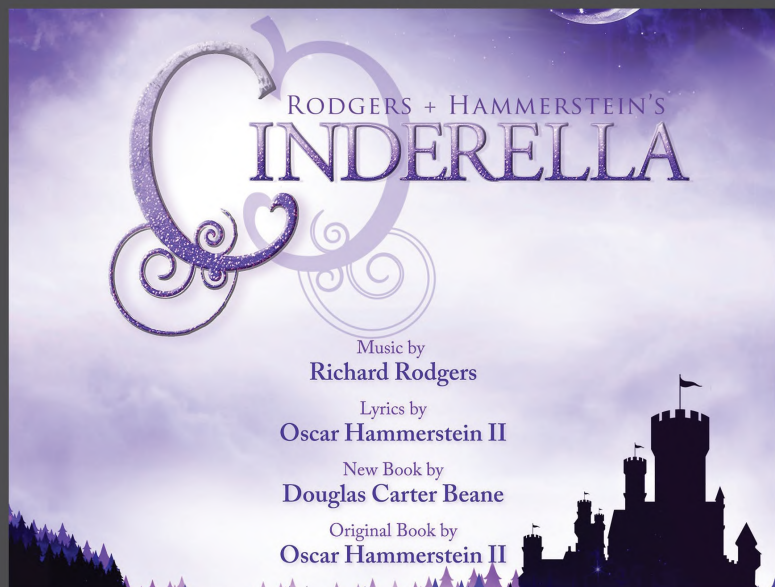
Trash Pick-up – Harrison signed

a new contract with the City of Camarillo. As part of that contract each Village residence will have up to 4 free bulk pick-ups in 2025.

FrontSteps Security Package – In the January Open Board meeting, the security camera policy was approved. This allows for staff to implement the new license plate reader system at the entry gates. Cameras will read plate numbers, compare to registered plate numbers, and inform gate security that the plate is recognized. For security reasons, gate security will still visually observe vehicles and then open the access gates. The gates will not

—Please see **PAGE 7**

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Arlene Kessel - Village 17
Elaine Hamilton - Village 20

If you are aware of a Villager passing, please let us know so we can share. Include the name and Village number of the person who has passed and email to: insidelveditor@gmail.com

ABOUT INSIDE LEISURE VILLAGE

Editor: Jon Niemann

Community News Editor: Dennis Doolittle

Staff Writers: Barbara Senior, Roger Florio, Jeannie Davis, Linda O'Neill, Jennifer Stein, Marci Lapair, Nicole D'Amore, Carol Nelson, Lee Boyles, Don Marquardt

Classified Ads: Barbara Crome

Art Director: David McMartin

Grammar Police: Janet Young

HOW TO CONTACT US

Editor: Jon Niemann

insidelveditor@gmail.com | 805-874-2324

Display advertising: Acorn Newspapers
805-484-1949

Classified advertising: Barbara Crome
503-957-9063

February 2025 Edition Deadlines

Club News, articles and letters: Wednesday, January 15.
February issue will be available Friday, February 7. Send news, articles & letters to insidelveditor@gmail.com.

Inside Leisure Village is written and edited by and for Leisure Village residents exclusively. It is independent of the L.V. Association and its Board of Directors. ILV's content is also independent of the Acorn Newspapers. The Acorn Newspapers is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the purpose of ILV is to report and publicize LV events and activities. To access Inside Leisure Village online, go to: Google.com, enter Inside Leisure Village.

AROUND THE VILLAGE



VILLAGE LANDSCAPE
By Don Marquardt, Landscape Architect

Tree of the Month - Evergreen Pear (pyres Kawakamii) - This is the one tree that puts on a spectacular show in the winter - thousands of pure white blossoms that fall like snowflakes. This tree is 15'-30' tall, native to China, with glossy bright green leaves. You can see them along Leisure Village Drive at the intersection of Mountain



Don Marquardt
A spectacular winter display of the Evergreen Pear tree. They can be seen in many sections of the Village.

View Drive, at Village 42 and at Mountain View Drive opposite Village 23.
Garden Maintenance - California is famous for its oranges, mandarins and lemons in the winter, which attracted lots of newcomers to our state in the 20th Century. The fruits are delightful and delicious; however, these trees drop a lot of fruits that go unpicked and make quite a mess. As they rot, they attract insects which are followed by rodents, and finally coy-

otes—which can become a problem. This can easily be prevented by simply picking up and discarding the unwanted fruits.
Roses - Assuming you have completed your annual rose pruning (refer to the ILV 12/6/24 issue), your roses should be bare for a couple of months. Cease doing anything. Let them sleep for the winter.

The “Q & A with the GM” Town Hall is back

This community conversation series kicked off last fall and took a break over the holiday season. The next Q & A session is scheduled for February 28th, from 1:30-2:30 PM in the Multi-Purpose Room (MPR) at the Recreation Center. The one hour event will also be broadcast live on LVT; replays will also be available.
The topic for this session will be “All About Landscaping”. In an open, casual setting, General

Manager Christi Moore and guest speakers Adam Coria, Landscape Superintendent and our tree expert, Leo Torres, will answer questions that have been emailed from residents. GM Moore will be assisted by HOA Board President Chuck Kiskaden and Vice President Marlynn Block. GM Moore will also take questions from the floor as time allows.
Send your landscaping questions to: GM Moore at townhall@leisurevillage.org dated by no later than February 25.

NEWCOMERS ORIENTATION

“We’re all in this together”
Saturday, March 8th 10am – 12 noon in the MPR.
Who do you call when you don’t know what to do? What do you need to do to make changes to the exterior of your home? Where do you go to meet new friends? Come to the Newcomers Orientation, if you are new to Leisure Village, or if you would like a refresher session.

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VILLAGER PROFILE

By Carol Nelson

Laura Quinn, A Nurse, A Lawyer, A Baker

Like so many others among our interesting Villagers, Laura Quinn is a person of many parts, both in her working life & in retirement. Laura was born in a farm house near Rockwell City, Iowa, in 1933. She & her parents then moved to Humphrey, Nebraska. It was there that her father contracted polio & passed away when she was 4 years old, so Laura, her mother & her sister moved back to live with her paternal grandparents on their farm until she graduated from high school in 1951.

Her education continued, she trained as a nurse at Creighton University in Omaha, Nebraska. Laura graduated in 1956, the same year she married her husband John whom she had met in medical school. (He graduated as a MD

in 1957 & became a Navy flight surgeon.)

Laura's first job was as an O.R. nurse at Creighton Memorial St Joseph's Hospital in Omaha. When her children were young, she was a school nurse. With both parents working in the area of health care, it is no wonder that their two daughters have done the same. One is a nurse practitioner & the other works in medical insurance as an executive with Aetna.

John & Laura had been married for 24 years when they decided to divorce. Subsequently, Laura thought it was an ideal opportunity to "reinvent" herself. Thus, she went back to school, firstly to Cypress College where she finished her Bachelor of Science degree, then to Western States University



Carol Nelson

Laura Quinn at home displaying the Women's Club cookbook she helped to bring to Villagers.

in Fullerton to study Law. She was admitted to the Bar as an attorney in 1985.

Initially, Laura worked in private practice for a short time. This was followed by 13 years with Nationwide Insurance where she prepared defenses for policyholders who were involved in car accidents. Her last job before retirement was in her nephew's workers' compensation firm.

Despite Laura's change of careers, she never lost touch with other members of AORN (the Association of Perioperative Registered Nurses), travelling with them every two years to meetings & conferences in international destinations such as Australia, China, Singapore & Hong Kong.

After she retired, Laura & her sister Pat moved from Thousand Oaks to Leisure Village in 2010. Since then, she has become very involved in many aspects of Village life.

She has been both secretary & treasurer of the Women's Club. To raise funds for the Club, she took on the project of collecting recipes from the Villagers. Then they were collated by the Women's Club into a cookbook.

Baking has always been a great passion of Laura's. She has collected over 250 cookbooks & puts them to very good use. For example, she has learned to make over 20 different pies & also delivers plates of up to 15 varieties of Christmas cookies to other Villagers.

Other activities that Laura enjoys are gardening, being in the audience of Players' Guild productions, attending Padre Serra Church & playing Duplicate Bridge.

Without a doubt, Laura joins the ranks of so many of our Villagers who make life here a true village. Laura, may you keep on keeping on well into the future.

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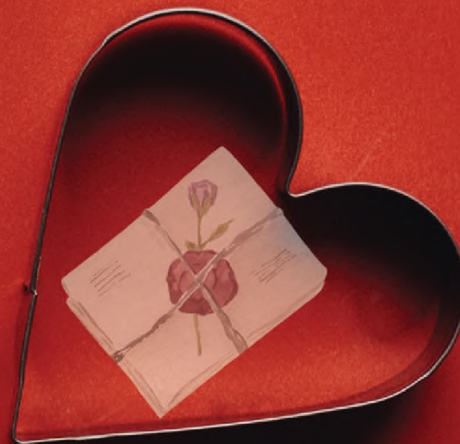


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VILLAGE ENTERTAINMENT

Girl Group Valentine

Showtyme Presents "A Valentine's Blast with music from the 50's & 60's". Love is in the air with the magic of the Wonderelles; An all girls band with energy that just keeps on going & going... just like the energizer bunny.

From Johnny Angel to Mustang Sally, the Wonderelles give you a touch of nostalgia that will leave you with a smile on your face and a song in your heart. The show is completely choreographed with harmonies & solos. The comedy is hilarious and audience interaction is fun and engaging. Ladies, get that heart top on and Gents join the fun at Showtyme on Friday, Feb 14th at 7:30pm in the AR. Doors open @ 6:45pm. Annual membership is available in the lobby for \$20 per person. Members... No Charge Non Members \$10.00 donation. A 50/50 raffle with 2 winners. Bring your friends & family to experience the nostalgia



Wonderelles girl band, a nostalgic Valentine in the A/R

that has made its mark for generations. Dancing in the aisles is encouraged. Contact Jennifer @ 805 383-1518.

All donations made at this event will be met by Showtyme and sent to the California Fireman's Fund to be used as a donation to all the victims of the California Fires

within the last few months. At the Showtyme January 2025 event the total donations were \$135.00 dollars. February will be the last month that Showtyme will be accepting donations for the California fire victims. Every donation helps; please support wildfire victims and make a donation.

Villagers Got Talent

LV Music Club - by Marci Lapair

The audience who attended the Music Club's January Open "Mic" Night enjoyed an evening of entertainment. Bob Bueling and Pat Cronin opened the evening by singing Happy Birthday to Sue Thur-

mond. Then they sang an audience favorite "Que Sera Sera". David Flood accompanied on the guitar by Geri Levy sang "I've Grown Accustomed to Her Face". Scott Jacobs, Jeff Brown with Scott Mitchell on the clarinet delighted the audience with their performance of "Somewhere Over the Rainbow".

The next Open "Mic" Nights are tonight, February 7 and Friday, March 7 at 7:00 PM in the AR.

Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks.

On Monday, February 3 at 7:00 PM in the AR, we will screen the movie Patch Adams. Based on a true story, Robin Williams plays a doctor who doesn't look, act or think like any doctor you've met before. For Patch, humor is the best medicine, and he's willing to do just about anything to make his patients laugh, even if it means risking his own career. The movie is rated PG-13 and is 2 hours long. The movie has closed captions.

There will only be one movie shown in February due to the Presidents Day holiday.

The Groovin' Easy Swing Band rehearses Tuesday evenings between 7:00 and 9:00 PM in the AR. Come and listen to their easy listening music. For more information about the LV Music Club, call Marci Lapair (818) 399-0843 or Debbie Goodman (818) 523-0

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VILLAGE ENTERTAINMENT

Love is in the Air

Players Guild - by Linda O'Neil

On the third Thursday, February 20, at the new start time of 7 pm in the AR, veteran actors Diane Carroll and Chuck Kiskaden will perform Love Letters. First produced in 1989, this Pulitzer prize-winning play by A.R.Gurney tells us the story of two childhood friends who correspond for over 50 years. Diane Carroll, you will remember, directed Fiddler on the Roof which was a big hit in Leisure Village in 2024. She developed a love of theater while working in New York and went on to study acting and performed in many off-Broadway, regional and community theater productions. Her acting, directing, and stage managing have provided her with an omniscient view of the profession. Chuck Kiskaden, on the other hand, was in one high school production Brigadoon and did not return to the stage until he came to Leisure Village. Chuck says "I can't think of a bigger stage than being president of the LV Board." Chuck was the lead actor in the Village productions of Pajama Game. Since then, he

has been in countless monthly musicals and acting scenes. With all that, he manages Players Guild set design and production and also serves on the Players Guild Board of Directors. Modestly put, both Diane and Chuck are experienced in all aspects of theater acting and production. If you love theater, you will love Love Letters. Besides... love is in the air.

Yesterday's News

Kudos to all the actors who, in January, provided a very interesting Reader's Theater production with scenes from American Playwrights of the 40's, 50's, 60's. Players Guild newcomer, Sandy Dawson, joined veteran Gudrun Eastham in narrating the evening's program. Keeping it all in the family, Rich Dawson stepped in at the last moment to the role of Brady from Inherit the Wind. Dawson impressed his neighbor, and she said "Rich was wonderful. Convincing and even read with a southern accent!"

What's Coming Up?

For the March production, musical director, singer, actor and fabulous pianist, Richard Weiss will be in charge of this production. He's keeping his plans a secret as long as possible.

Village News

Continued From PAGE 1 —

automatically open. Residents will be required to use Visit Forms to register their vehicles and the vehicles of friends and relatives on your access list. This system will replace the windshield stickers currently in use. Watch for announcements on implementation of the system. Landscape Maintenance – The General Manager has announced that starting in the new fiscal year

our approach to landscape maintenance will change. Staff will be organized into teams, and teams assigned a set of Villages to maintain. The goal is to improve ownership with the staff. Yard maintenance schedules may change when this goes into effect. Carport Repair – In prior Board meetings the issue of termite damage repair of specific carports has been discussed and a policy approved. Work has now started on the repair work.

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Comps by LV Model on our Monthly E-Newsletter



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January 2024 Sales

Model	Village	Price
Amalfi	18	\$760,000
Capri	32	\$635,000
Coronado	26	\$575,000
El Dorado (detached)	25	\$870,000
Holmby I	17	\$665,000
Holmby II	35	\$639,000
Holmby II	34	\$660,745
La Jolla	20	\$899,000
Monterey	23	\$600,000
Valencia	33	\$830,000
Valencia	40	\$949,000

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Inside Leisure Village



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VILLAGE ENTERTAINMENT

A Trivial Comedy for Serious People

Village Theatre - by Roger Florio

The Importance of Being Earnest – “A Trivial Comedy for Serious People” is coming to the AR stage for three performances this month (Sunday February 16 and 23 at 2pm, and Monday February 24 at 7pm).

In addition to seeing the play, on Tuesday February 25 at 9:30am, Villagers will have an opportunity to have tea and scones with the Cast. This event will also feature music from the period (performed by none other than Director Richard Weiss) as well as a trivia contest and a photo booth with period costumes.

“Earnest” was written by noted Irish playwright Oscar Wilde and was first staged in London in 1895. The play is a comedy that cleverly satirizes the prim and proper habits



of the British upper class during the Victorian period.

“Earnest” tells the story of two rich and charming bachelors who live double lives to escape their social obligations. John (“Jack”) Worthing (played by Gary Verburg) lives on a country estate but poses as a fictitious younger brother named Earnest to go gallivanting in London.



Roger Florio
Richard Weiss,
Earnest Director plays the part of Algernon, Kathy Wein as formidable Lady Bracknell and Gary Verburg as the dashing Jack Worthing. Left, Nancy Hullihan, who is the Earnest Producer and will be playing the part of Gwendolen.

Jack’s friend Algernon (Richard Weiss) lives in London. When Jack visits, posing as Earnest, Algernon reveals that he too has also invented a fictitious alter ego named Bunbury that he poses as when gallivanting in the Country. Act 1 takes place in Algernon’s London flat, where Jack, posing as Earnest, is visiting to woo Algernon’s niece Gwendolen (played by Nancy Hullihan), who loves the name “Earnest.” Jack proposes to Gwendolen and all is going fine until he discovers that Gwendolen loves his fictitious name and would never consider marrying someone who wasn’t named Earnest. As if this wasn’t enough, Gwendolen’s mother, the formidable Lady Bracknell (played by Kathy Wien), determines Jack is not of a sufficiently high birth and forbids the marriage.

Act 2 takes place at Jack’s country estate. His friend Algernon has decided to visit, posing as Jack’s non-existent brother “Earnest,” in order to woo Jack’s pretty little ward Cecily (played by Sylvia McGinnis). Algernon wastes no time in proposing to Cecily, who is also smitten with the name Earnest.

Unfortunately Jack then shows up in mourning clothes, having decided to pretend his brother “Earnest” has died. Jack is infuriated to learn his friend Algernon is pretending to be Jack’s alter ego Earnest but has no choice but to go along with the deception lest his own lies be uncovered. Things get even more complicated when Gwendolen arrives. When Gwendolen and Cecily realize they both are engaged to “Earnest Worthing” the boys have some ‘splaining’ to do.

The cast is rounded out by Howard Wien as the Reverend Chasuble, who has eyes for Miss Prism; Max Copenhagen and Richard Dawson, the long-suffering butlers to Jack and Algernon; Jeannie Davis as the forgetful Miss Prism, Cecily’s governess, and Rosanna Brown as Jack’s French maid.

Will the two couples be able to untangle this complicated affair and find bliss? And what of Jack’s inferior birth? The answers to these and other questions can be had by getting tickets to see “The Importance of Being Earnest,” which are on sale Monday, Wednesday and Friday from 9-11am in the AR lobby.



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Nicole D'Amore
Two of Beverly's
abstract
compositions

Beverly Goring

Continued From **PAGE 4** —

she said, walking around, pointing it out. “It wasn’t a color I ever wore,” she said. “I find myself attracted to colors I never would put on my body.”

Fashion is where it all started for Goring.

“Growing up I was interested in retail,” she said. “I only played store and I played dress-up.

I always sketched. I am an only child and only children learn to entertain themselves,” she said. “I’ve always been a visual person and I have a good memory for color.”

She grew up in Grosse Pointe, Michigan, went to Penn Hall Junior College in Pennsylvania and studied retail at Toby-Coburn School for Fashion Careers in New York. When she was offered a job at Lord and Taylor, her dad bought her a Ford convertible so she’d stay in Michigan.

“So I went to work for J.L. Hudson (in Detroit) and became a buyer for them,” she said.

Through the years she worked in stores throughout the country: In Chicago she was salon manager at Lord and Taylor in the suburbs and opened a store for them on Michigan Avenue. She worked at Bergdorf Goodman and Saks Fifth Avenue, becoming the first woman to manage a full size store for Saks.

She raised three sons: one from her first marriage and two from her second. She met her third husband while working at Saks in New York. “The third time was the charm,” she said. They were married 38 years until his death in 2019.

They built a house in Grantham, NH, and after retiring from Saks, they opened and ran a successful uniform store. While living in New Hampshire she created a shop for the New London Hospital

“I managed and bought for the shop for eight years and in that time the shop gave the hospital \$80,000,” she said. “When I retired, the governor gave me a “Spirit of New Hampshire” award.”

Since moving to Leisure Village in 2019, Goring has continued to paint. Along with a couple other local artists, she takes Barbara Shannon’s oil and acrylic workshop at the Conejo Valley Adult School in Thousand Oaks.

But painting is always on her mind at home. Looking through her folders of images, something will spark her interest.

“I will see something, a configuration I like, and will start with that,” she said.

In addition to Village Arts, Goring is a member of the Pet Club, the Women’s Club, the Camarillo Art Center and the Camarillo Newcomers Club.

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Wildfire and Devil Winds

Editorial by Jon Niemann

In 1970 the Clampitt fire broke out around 8 a.m. Friday, Sept. 25, near Clampitt Road in the Newhall Pass as a result of downed power lines. Santana Winds clocked at 80 mph that morning, it took less than a day for the fire to make a 20-mile run to the coast, tearing through Porter Ranch, the Simi Hills at Chatsworth, south to the 101 Freeway and on to Malibu Canyon.

My parents had bought a home that nestled against the rocky and chaparral covered Simi Hills in 1965. From the front of the cedar shaken roof house we had a clear view of Rocky Peak and the newly built 118 freeway as it climbed up the steep incline heading “over-the-hill” toward Chatsworth and the San Fernando Valley. A curious geologic phenomenon had the Santanas gathering peak velocity as they traversed the range toward us and blew against our house like the devil winds they were for most

of the windy season.

On that particular September morning we saw the first signs of the roiling smoke climbing above the ridge line, ominous, but not panic inducing at that point. Within a few hours the situation went from ominous to serious. The smoke had turned into a multi hued giant wave of impending danger. The moms on our street had begun to gather their children, dads had begun to trickle in from their workplaces and a self imposed evacuation had ensued, women and children first, in station wagons packed with dubious “treasures” seeking refuge closer to the center of Simi Valley. Within a frighteningly short period of time the first signs of flames crested the peak and rapidly lit the mountainous outline against the blackened sky. That was when the first embers started to fall.

As the flames sped down the hillsides the dads retrieved garden hoses and every home had men and their sons watering down the



Jon

Early view of smoke from the Hughes Fire above Santa Clarita and surrounding Lake Casitas

ridiculously volatile shingles and putting out puffs of smoke that would start when an ember lodged between them. Our home was two storey with 4 different roof planes to manage. We stayed on the side that faced the oncoming inferno,

choking with hot smoke and wiping embers off our clothing, sometimes aiming the hose at each other for relief and cooling. In 1970 I was 8; my mom was not happy with me being up there, I wanted to continue. Dad

—Please see **PAGE 11**

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Deb Petersen

Inundating smoke that would envelop the Village as the Santana winds blew thick noxious smoke from the Santa Clarita Valley district out along the coast.

Wildfire

Continued From **PAGE 8** —

sent me down. Mom packed my sister, myself and a few dubious treasures into the station wagon and we headed to Aunt Jeri's house away from the flaming hills. Uncle Tom, after he had finished his shift as a Ventura County Sheriff joined dad on the roof and with the help of the Ventura County Fire department they effectively saved the house.

This scene would repeat several times throughout the 1970s. I can remember seeing the smoke heading over the Simi Hills, shrugging my shoulders and getting the ladders and garden hoses ready. The activity had become almost routine by the time I was in my teens. When the recent fires began on January 7th a sort of PTSD kicked in. As I watched and listened, following the situation in Palisades and Alta Dena I could feel the struggle viscerally and empathised with the doomed residents and fellow Californians.

By the third day with no chance of the winds subsiding and the reports of a new and stronger wind storm coming directly at us in LV, I went through a list of preparations in case a fire started due east of us

in Wildwood Park or the Southern hills of Santa Rosa Valley. It was a tense few days; LV had dodged a bullet a few weeks before that our neighbors in the Heights did not. I have really started looking at the true situation in Leisure Village with a renewed perspective.

I still remain convinced that a level of destruction that befell Palisades and Alta Dena is extraordinarily unlikely, but a chance of some real damage exists that could be mitigated with a charged sense of attention to detail. There have been rumblings that the LV Board Long Range Planning Committee has been looking at ideas brought to their attention by members concerned with the wildfire issue. Insurance companies are adding to the discussion and a change is "in the air" with both state and national politics weighing in.

There will be some ideas rolling out from Village leadership that will decrease the likelihood of serious damage from future fires. Keep an open mind when they do. Remember the last couple weeks if you have any doubts. The Santanas will be with us as they have for the milenia, they will return and along with them the wildfires, they always do.

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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Peripheral Artery Disease

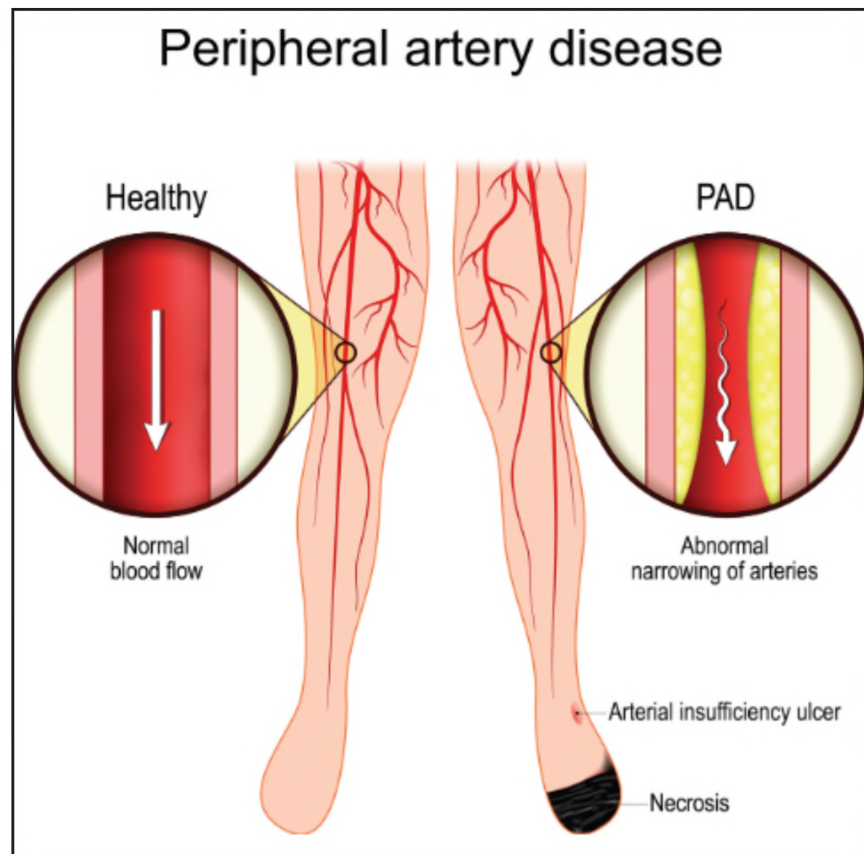
■ Learning to listen to your legs

Peripheral Artery Disease (PAD) occurs when there is narrowing and blockages of the blood vessels from the heart to the legs, and less commonly to the arms. The most common cause is atherosclerosis which is a result of the buildup of fatty plaque in the arteries. This condition is fairly common, and the incidence increases with age. Many people have no symptoms of this condition, and others can have symptoms that include intermittent claudication (pain in legs/buttocks during walking and exercising), cramping, fatigue, and aching in the calf muscle(s). Symptoms of PAD can also cause slower growth of your toenails and slower hair growth, and one foot may feel colder than the other foot. Weakness and leg numbness and tingling, thin shiny

skin, decreased or absent pulse in the foot, and sores/ulcers may also result from more serious cases of PAD.

Risk factors for PAD include some we can control and some that we cannot. Risk factors that are not controllable include being 65 and older, and ages 50-64 with history of diabetes, smoking and/or family history. Risk factors that we can control encompass cigarette smoking, diabetes, high blood pressure, high cholesterol, chronic kidney disease, obesity and a sedentary lifestyle. A diet high in saturated and trans fats, cholesterol and sodium can increase inflammation and resultant artery damage.

Prevention of PAD can be challenging and different for everyone, depending on the causative factor



and the person's medical history and other systemic diseases that may be present. Prevention strategies include cessation of smoking if you smoke, improving nutrition by eating a more plant-based diet with lean proteins, moving and exercising more, controlling any chronic conditions you have, and talking to a vascular specialist if you have any concerns.

It is recommended to start managing chronic conditions such as diabetes, high blood pressure, and high cholesterol to get better control of your circulation and PAD. Begin a supervised exercise program to increase circulation without exacerbating symptoms and improve your nutritional intake. It can be worthwhile to visit with a Registered Dietician to educate you in proper diet and nutrition, and to eat more plant-based foods. In addition, some may need to take medication to decrease the risk of blood clots that may include anticoagulants, and newer medications such as Xarelto (Rivaroxaban – generic), an oral anticoagulant that can be combined with low-dose aspirin. Newer treatment approaches con-

sist of cryoplasty, gene therapy and stem cell therapy.

Learn to listen to your body and do little bits often – pause when you have symptoms but don't stop moving. Wear good running shoes that are comfortable and change your shoes daily. Check your skin on your feet and toes every evening to be sure there are no skin breakdowns that you may not feel because of decreased sensation. If you see any sores or open skin, contact your physician for advice and don't wait. Wiggle your toes several times a day and perform ankle circles when you are sitting.

You can still have a fun and active lifestyle with PAD living in our wonderful Leisure Village community. Be good to yourself, keep moving and have a positive attitude and these approaches will provide you with your best life to live.

Editor's Note: Jeannie Davis is an LV owner and medical professional. The information contained in this column is provided for educational purposes only. ILV readers assume full responsibility for the use of this information.

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To: Men folk.
Re: Valentine's Day.

By Mark Sconce

In February romance blooms
And Valentines become
The favored way of making plain
That love has struck you dumb.
Heart-shaped this and heart-shaped that
Are given and received.
Chocolate hearts and other fat
Are purposely conceived.
Postmen pay a price that day,
Beneath their groaning load,
So urgent messages of love
May timely be bestowed.
You may have heard there's one small town,
Not far from Athabasca,
That gets a measure of renown
Called Valentine, Nebraska.
All this fuss to make the point
That love is unremitting
And therefore every year, dear sir,
Is worth your recommitting.
So when you send a Valentine
To your best girl and friend,
Let's hope she takes it as a sign
That love will never end.
Let's hope your Valentine, old chum,
Elicits an arousal
'Cause sharing love is always good,
Especially if it's spousal.

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A WORD ON WINE

By Barbara
Senior

The Art of Blending

Wine blending is combining different wine varieties to create a composite. The wines blended might be from different varieties, different regions, different wood or different vintages. And wine makers don't have to label their wine as a blend as long as 75% of the wine is from a single varietal.

Blending wine is an age-old practice, and there are many well established blending mixes. To name a few: A Bordeaux Blend is a mixture of five grapes grown in that region. A Rhone blend can be white or red and is a mixture of grapes typical to that region. A super Tuscan is a newish blend that adds Cabernet Sauvignon or Merlot to the traditional Chianti blend favoring Sangiovese.

A blend can also be a "family recipe" when a winemaker creates a unique blend to showcase par-

ticular grapes. A great example is Gallo's Hearty Burgundy, a blend made by adding more wine from Napa and Sonoma varieties to the winery's Central Valley production. The base is Petite Sirah, Zinfandel (Julio Gallo's favorite grape), and Carignan. Another example is Conundrum White, a unique blend of Viognier, Muscat, Sauvignon Blanc and Chardonnay that is distinctive for its ripe, complex array of flavors.

Another approach is the art of field blending. At Westbrook Wine Farm in the foothills of Madera county, the wine is literally "made" in the vineyard where vines of Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec, Petit Verdot and Carmenère are planted together. They work all year to assure that all six varieties will mature at the same time, so they may be harvested



together. The resulting blend is called *Fait Accompli*, meaning something that's already done and can't be changed.

And lastly, there's the spontaneous blend, when one or more lots of different grapes are combined to create enough finished wine. These blends are often done in smaller wineries with limited production capacity. Last month at the Wine Club Tasting of Arizona wines, we had a Rosé that was probably a

spontaneous blend. It was a blend of grapes typical for a Rosé from the south of France, with the odd addition of Pinot Noir. We guessed that a small lot of Pinot Noir came in and was added to the Rosé fermentation tank to round it out.

Blending wine is a lot like cooking. You taste as you go, adding seasonings as the final dish evolves. Creating a wine blend might just be the most creative (and fun!) part of being a winemaker.

CLUB NEWS

VILLAGE ARTS

By: Patti Crichton

We kicked off January 2025 with a demonstration by Kathy Whitesell of watercolor tricks and techniques. She had full watercolor classes the last week of January. February classes are scheduled for Feb 17th and Feb 21st, at 1pm and 2:30pm both days. Contact Patti by text to sign up at 805-760-7673.

Barb Mathis led her popular mixed media class on January 10. February classes are scheduled for Feb 7th and Feb 28th, at 1pm. Call Barb at 818-314-9939 to sign up.

Ventura artist Pamela Salem provided a pastel class on January 16, featuring some awesome coastal waves.

Our February 5th meeting will be in the MPR at 1pm. Yearly dues are \$10 and can be paid at the meeting if you haven't as yet. Members will be sharing a special item they have, something artsy or

unusual and interesting. We will be letting members know about available Art resources in the Lanai Room. See you there!

PHOTO CLUB

By: Jeannie Davis

The Leisure Village Photo Club held the monthly competition meeting on Thursday January 2nd at 6:30 PM in the MPR with the Assigned Category theme of "Domestic Animals". Judging of this month's photos was done by professional photographer Laura Ise who drove all the way from Toluca Lake. She has ten years of professional photography practice with emphasis on lifestyle, food, travel and portraits.

The winners for January were: Assigned Category – Tom Pizza – "Happy Cat in a Basket" Open Category – Bob Pinchak – "From My Patio" Mobile Category – Jeannie Davis

—Please see **PAGE 15**

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CLUB NEWS

Photo Club

Continued From **PAGE 14** —

— “Indonesia Sunset”

The Photo Club educational third Thursday meetings will be held ongoing at 6:30 PM in the MRP, with various presentations and discussions. The 2024 Awards Dinner was held on January 16, 2025, at 6:30 PM in the MPR. The dinner and awards for winners and participants was a great event.

We are also looking for members and/or referrals for those who would like to make an educational presentation or have suggestions for appropriate topics.

The club Annual Winners dinner was on January 16th with a presentation of 2024 photos in the Assigned, Open and Mobile categories. Winners will be announced in next month's Inside Leisure Village.

For more information on the Photo Club, contact Roya, President at 831-869-7698.

WORKSHOP FOR WRITERS

By: Mark Sconce

Members of the Workshop for Writers (WWF) have decided to return to the club's original name proposed back in 2009: Writers' Workshop (WW).

Not only does it omit a needless word but it emphasizes our commitment to friendly workshops twice a month wherein writing is treated as a craft, as an acquired skill like painting or sculpting. Tried techniques to achieve concision and clarity were often forged in literary salons down through the centuries, the model for our own: Pat's Literary Salon where good writing is admired, encouraged, and achieved. We recognize that easy reading is hard writing but know that the effort is worthwhile whether the author writes fiction, non-fiction or poetry. Developing one's own

style in the process is an important goal. Isn't that what you'd expect from a workshop? So, All Aboard. The good ship WW Style is about to set sail again. Each year it anchors in the nutrients of common sense, good ideas, creativity, and inspiration. Dig a little deeper and you'll find literary history, lessons and tips from great writers,* literary techniques that work. We weigh anchor every second and fourth Wednesday of the month for a two hour voyage. “The ship sails. But wither is it bound?” A.S. Pushkin

*“The best way to be boring is to leave nothing out.” Voltaire

For more information, contact Mark Sconce. 805-586-4485 or msconce@gmail.com.

LV WOMEN'S CLUB

By: Barbara Cogert

February is the month of love and friendship. Our February event last year was so successful that the Women's Club is celebrating our 2nd Galentine's Day with a celebration of friendship on Thursday, February 13th. We will be making beaded pens in Valentine colors for local meal delivery recipients from the Camarillo Health Care District. Gudrun Eastham will share some Judith Viorst 'friendship' poems. We will jog your memories with some hilarious friendship clips that you will love. We will play the LVWC version of “Friendly Feud”. Who knows....you may be a contestant! We will all be pampered again with shoulder massages from tender and caring masseuses. ‘Cupid’ (Chrissy Presser) will visit us again. Light refreshments will be served. The Assembly Room doors will open at 12:30 and the meeting will begin at 1:00 pm. All attendees MUST sign up for this event on our website (<http://www.Leisure-VillageWomensClub.com>)! We will be collecting coin & food donations for Food Share in ad-

dition to Lighthouse Women & Children's Shelter. Membership dues (\$10.00 cash or check) are due and available through Beverly Davis at 805-216-6231 or pay at the door. Hope to see you there! Please note that David Singer (clarinet performer from cancelled January meeting) has been booked for our April event.

MAVERICKS CLUB

By: Dan Turner

Dancing to the live music of magical musician Dave the Piano Man, guests at Mavericks' popular Winter Blast last month twirled around into the night after a sumptuous three course meal catered by Command Performance. It was an evening to remember!

Our next event will feature the talented Paul Newman as our auctioneer. Paul will be presiding over Mavericks' Cash in the Attic on Friday, February 28th beginning at 7:00pm in the AR. This free and entertaining fundraiser helps

support future Mavericks' events. Guests are encouraged to bring up to three items to have auctioned off. Make certain items are clean. Please no large furniture or clothing. So, come out to have some fun watching our talented presenter sell cherished treasures to the highest bidder! Wine, beer and snacks will be provided.

Those residents having items for the auction are asked to arrive at 6:00pm. Guests can arrive between 6:00pm and 7:00pm to view auction items which will be displayed on tables.

SATURDAY NIGHT DANCE PARTY

By: Andrea Moran

Hi Villagers, The month of February is here along with winter weather. For the romantics of Valentines Day please join our February 8th dance with Eric Ekstrand playing for your dancing

—Please see **PAGE 16**

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CLUB NEWS

Saturday Night

Continued From **PAGE 8** —

and listening pleasure. February 8, Eric Ekstrand, Tango lesson. February 22, Pier 101, Waltz lesson. The lesson 6:30 to 7:15 is being well received, dancing 7:30 to 10:00. Admission including lesson \$10.00 per person. First time residents are complementary. We hope you enjoy a Saturday evening with the Saturday Night Dance Party. Please contact Jackie if you would like to volunteer at 805-340 9513.

GRAPES R US WINE CLUB

By: Jan Bender

Arizona as a wine producing state may not be as well-known as California, yet it produces some excellent wines, as was evident in January's tasting. This tasting experience was brought to us by Gary Verburg, who visited some boutique wineries in the Verde Valley and brought back an interesting selection of five for us to taste.

There were some less familiar grape varietals, such as Picpoul, Counoise and Fiano used in these wines, which might be one of the reasons the wines were so interesting. Another reason could be the way they are blended. For example, the Gospel Hollow white wine has Moscato in it, but the wine was not sweet at all. Also the rose

wine was quite dry, not sweet, and was blended from four varietals, including the Counoise. The bottle labels describe everything one needs to know about the wine, from which grapes were used in the blend, to its growing elevation and harvest times. It was a fascinating tasting, and Gary an interesting presenter. He provided a leaflet of a wine tasting trail in the Verde Valley, south of Sedona.

Our club tasting sessions are held on the third Friday of the month, in the AR at 7pm. All LV residents are welcome. Each session is \$15. To receive the monthly invitation, email Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518

If you have an idea for a wine tasting theme, contact the club by phone or email: 805 303 1518 or GrapesRUsLVwineclub@gmail.com We have a committee that can help you bring it to fruition, and they would love to hear your ideas.

LV RV CLUB

By: David Patience

The RV Club Bunco evening was held on Monday January 13 in the Ojai room and was enjoyed by all who attended. Organizer Steve Barker will announce the next Bunco session as soon as possible.

The January meeting was held on Tuesday January 14 in the MPR and was well attended by members who renewed their annual dues. At

the end of the meeting everyone enjoyed a very interesting video about the history of RV'ing in the USA provided by club secretary Norman Berezowsky - thank you Norman.

Members who have yet to pay their dues may do so by sending their check (\$10 pp) made payable to LVRV Club to treasurer Steve Barker 44010 Village 44 or at the next meeting in the MPR on February 18.

Dues must be received by the last day of February.

The next club campout is (3 nights) February 10-13 at Camp Comfort 11969 North Creek Rd. Ojai 93023 ph 805 654 3951.

Commencing March all monthly meetings will be held in the MPR on the usual second Tuesday of each month at 7.p.m.

The March campout is at The Golden Shore RV Resort March 24-27 (3 nights) 101 Golden Shore, Long Beach 90802 ph. 562 435 4656.

Safe travels to all.

LET'S DANCE CLUB

By: Patrick Price

Vinyl Gypsies is providing the Live Rock & Roll music you love for dancing at Let's Dance in February. Let's Dance returns to the 3rd Saturday of the month, in the AR, from 7:30-10:00. This month it will be on February 15th. Admission to Let's Dance is just \$10 per person. Coffee, water, and punch will be provided as well as dancing the night away. It's BYOB and anything else.

WOMEN'S GOLF



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Lynne Sack



2nd Vice-President

Carol Dietz



3rd Vice-President

Sheila Bunch

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Board members of LV Women's Golf Club

By: Patti Crichton

We had a windy start to 2025. A few brave souls braved the elements, but most of us kept our hairdos intact...

LV Women's Golf President Sharon Price put together an excellent slideshow of our busy and active 2024 events and fun times, which we enjoyed at the January

meeting. We welcomed many new members and learned how to navigate our modern and useful Women's Golf website.

The next meeting is Wednesday, February 12 at 1:30pm in the Garden Room. Dues for 2025 are being collected, \$15 for golfers and \$10 for social members.

We will continue to offer two

—Please see **PAGE 17**

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CLUB NEWS

Women's Golf

Continued From **PAGE 16** —

start times on Wednesday mornings at 8:30 and 10am. Please come early to pay your \$2 and get your group assignment.

February 1st was the mixed Chili Bowl tournament followed by luncheon, hosted by the women. Thanks to Carol Dietz for her work on this, and to the chefs.

The Winter Eclectic will be played on Feb 12 and Feb 19. Please pay organizer Lynne Sack \$5 to sign up.

We are pleased to introduce our 2025 LVWGA executive Board, who plan and coordinate our multitude of activities. Thank you for your time and efforts.

MEN'S GOLF

By: Tim Palmer

2025 has started with some challenging weather conditions. The Tuesday tournament on January 14 was cancelled because of extremely high winds, although some hardy individuals played anyway. The Regulation Tournament on January 9 did proceed as scheduled with some excellent scores, given the difficult conditions. Chuck Kiskaden scored an 80 to win the A flight, with John Castner right behind him with an 83 for low net. Dan Connelly won B Flight with a respectable 94 and Jeff Rach shot 95 for low net. All in all, a good day, albeit the gusting winds.

The winter Match Play tournament is underway. Coordinated by Gerry Sarno, the twosomes have been drawn and competition is underway. Winners are determined by the number of holes won, with the winner of each match moving up to play another match until everyone but one player is eliminated, and he is the tournament winner.

Congratulations to Hank Becker for scoring a sandy-birdy on hole #1 on Tuesday, January 7 and his very first hole-in-one,

scored on Saturday, January 11 on hole 16 using an A wedge. The first of many, to be sure.

RACQUET CLUB

By: Sharon Wilson

Hope you all had a good holiday. 2025 is off to a rough start with the horrific fires, dangerous winds and power outages. Hopefully the worst is over.

The lunch get together in January at the Golden Panda Buffet was well attended. Thank you Diane Carroll for organizing. By printing time we will have hosted players from The Grove for a pickleball tournament.

The next general meeting is February 12th, 7 pm in the MPR. Come welcome our new president Dirk Feild. It's a good time to pay your membership dues of \$7.00 if you haven't already.

See you at the courts.

LV BOWLING

By: Gene Kinsey

While thoughts of Valentine's Day swirl in your minds, think about what fun it would be to spend Friday mornings at Harley's Camarillo Bowl from 9-12 having the time of your life. Leisure Village folks have more laughter there than just about anywhere else. We are a small group of six teams strutting our stuff to one another. We have room for both regular weekly bowlers and occasional substitutes. Dues are \$20 per year and weekly bowling is \$15. No experience is required and the league is handicapped so everyone is equal.

Our outstanding bowlers for the past month include for the men: Norm Berezowsky 204, Myron Jones 178, and Craig Walker 215. For the women: Bobbi Herbertson 149, Kristine Jones 180, and Clancy Martel 180. Don't let that scare you. We also have bowlers who did not reach 100,

but they were laughing with the most enthusiasm. You can too. For information please call Bobi Shmerling at 805-389-1975.

BILLIARD CLUB

By: Patrick Price

Billiard Club dues of \$10 are now due for 2025. Check or cash may be deposited in the box on the Billiard Room bulletin board. Be sure to include the membership information if you are new. Use an envelope for cash with your name on the outside. The January 18&15 tournament is probably over by now (Feb 6). Victors will be announced next month. Awards will be given at the Membership Awards Meeting in the MPR at 6 pm on Tuesday, February 25. The Wednesday League (10:30 am Wednesdays) and the Thursday night Social Round Robin at 6:30 (be there by 6 to get your name on the list) continue. Thursday Night Round Robin needs coordinators to oversee the Social Round Robin night. Contact Kathy Wirtz (818-

445-1057) for membership and/or dues.

WII BOWLING

By: Lois O'Connor

The new Wii Bowling season has started! Wii Bowling players start 2025 with zero averages and zero handicaps. In the first week of bowling the following was accomplished. Sylvia Edmonds started our 2025 "300" Club and she is looking forward to other bowlers joining her in the "Perfect Game Club". Four bowlers bowled three 200+ games. The bowlers that achieved this feat are: Rosie Ross (235, 249, 226), Sylvia Edmonds (268, 266, 300), Edith Walsh (246, 238, 248), Connie Davis (226, 257, 225). Nine bowlers (Joe Barr, Ron Cattanch, Barry Chass, Barbara Chrome, Diane Hawrylo, David Kiefer, Millie Seidman, Jerry Spector, Judy Spector) bowled two 200+ games. And, eight bowlers

—Please see **PAGE 18**

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*Bottle presented once tour is complete.

CLUB NEWS

Wii Bowling

Continued From **PAGE 7** —

(Max Copenhagen, Kay Finch, Sandy Rosenthal, Carla Barbula, Janis Neth, Dennis Potter, Ann Seltzer, Patricia Walsh, succeeded in bowling one 200+ game. All of the 200+ games were listed on the white board. The white board is used to identify weekly 200+ game achievements.

There is an upcoming tournament. The Sweetheart Bowling Tournament will be held on February 11, 12, and 13. Participants will bowl on his/her regular bowling day. The highest scores win! Bowlers may sign up for the tournament on their regular bowling day. To participate a bowler must have bowled nine games. This establishes a bowler's average and handicap for tournaments.

The club has four bowling sessions. Each session may have up to sixteen bowling participants. The Wii bowling room is in the Village Clubhouse Ventura Room. If you are interested in participating contact club president, Debra Pettit at (805)504-6774.

MUSIC CLUB

By: Marci Lapair

The LV Music Club is having our annual membership drive for 2025! The Music Club is supported by your \$10 annual membership dues. Your membership dues help cover the cost of the complimentary refreshments that we serve at our monthly activities. We provide 7 monthly activities at no charge for the enjoyment of all the Leisure Village residents.

Our monthly activities include Open "Mic" Night, movies twice a month and the 18-piece Groovin' Easy Swing Band rehearsal every Tuesday evening. All our members receive email reminders and advance notice of upcoming club events. Please make sure your 2025 membership dues are paid so that you don't miss out on any activities.

You can join or renew your membership at all monthly Music Club activities. We would appreciate your support. For more information on the Music Club call Marci Lapair (818) 399-0843 or Debbie Goodman (818) 523-0731.

BONE BUILDERS

By: Fan

RSVP (Retired Senior Volunteer Program) sponsored Bone Builders Classes are held 8 times

per week in the Santa Rosa Room. Exercises are specifically geared for seniors to improve balance and to increase bone density. Free 1 hour sessions are Monday and Wednesday at 8:15AM, 9:30AM and 5:30PM. Tuesday and Thursday at 6:00PM. These are not drop-in classes; registration is required. For 8:15AM class, call Beth (224-245-4313), for 9:30AM class, call Fan (805-405-5018), for 5:30PM class, call MaryAnn (805-390-1909), for 6:00PM class, call Marie (1-732-407-1816)

Regularly Scheduled Club Meetings and Activities

Needleworks: Knitters, crocheters and needleworkers, join us every Friday in the Garden Room from 9:30 -11:30am. Contact Beth Hudson at 224-245-4331

Aerobics Cross Training: This lively and active exercise class is geared for seniors. Bring a towel & water. Come early and we will help you get started. We meet Mondays, Wednesdays and Fridays at 11:00 am to 12:00 pm in the Santa Rosa room.

Bone Builders: RSVP (Retired Senior Volunteer Program) sponsored Bone Builders Classes are held 8 times per week in the Santa Rosa Room. Exercises are specifically geared for seniors to improve balance and to increase bone density. Free 1 hour sessions are Monday and Wednesday at 8:15am, 9:30am and 5:30pm. Tuesday and Thursday at 6:00pm. These are not drop-in classes; registration is required. For 8:15am class, call Beth 224-245-4313, for 9:30am class, call Fan 805-405-5018, for 5:30pm class, call MaryAnn 805-390-1909, for 6:00pm class, call Marie 732-407-1816

Line Dancing: Friday 2-3:30 for Beginners in the AR. Contact Deborah at c_dbjornberg@yahoo.com

SERVICE DIRECTORY

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To Include Your Listing, Please Contact Mary at The Acorn Newspapers: 805.484.1949

CLASSIFIED ADS

To submit a classified ad please include your full name, address and phone number (info for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion (phone number = 1 word, email = 1 word). Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD. The envelope can be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome, or placed in the wood box next to the garden and sewing room in the LV Recreation Center. Questions? Call Barbara @ 503-957-9063.

DEADLINE for the next publication is 5pm on Friday, Jan 17.

ESTATE SALES & LIQUIDATION by two nice ladies. Need help moving or downsizing? We're here to help. Call Sandy 805-795-3445

SENIOR COUPLE LOOKING FOR RENTAL. Long term renters. Excellent credit & references. Looking to rent in Leisure Village starting April 1, 2bd, 2ba & garage Mr. & Mrs. Smith 602-989-1825

CONEJO CEMETERY CAMARILLO – 2 companion plots for sale that each hold 2 caskets. One plot \$12,500 (2 caskets) Purchase both plots \$21,000 (4 caskets). Jean 626-780-0341

APPLE COMPUTER SPECIALIST/Macs Made Easy: Laptops, desktops, iPhones, and iPads. Troubleshooting & tutorials, LV resident. Reduced rates. Reliable. Easy to understand Patient. Louis Lapides 805-490-3127

A MOBILE NOTARY: I come to you for all your "Notary Needs". Leisure Village resident. Call Chuck 805-419-3457

Clothing alterations for all ages, from minor nips & tucks to complete garment makeovers. Seamstress, LV resident, comes to you. Free pickup and delivery. Gudrun 805-479-4852

WE BUY all kinds of antiques vintage & collectables! We buy in bulk. For more information or a full list call/text 805-727-7403

Lynn Lerz: Massage Therapist. "Let me rub you the right way

to better health." In Village 36 years. Exp. Best refs 805-484-2308

INTEGRATIVE PHYSICAL THERAPY IN YOUR HOME: Specialist in chronic pain and mobility issues and lifestyle analysis; energy/holistic healer. Leisure Village homeowner Jeannie Davis PT, MPH 818-693-1002, JDDphysicaltherapy.com

Acupuncture – Dr. Sheri Jennings. Specializing in healthy aging. Help with backpain, knee pain, sciatica, sleep, weight loss, blood sugar, etc. Clinics in Thousand Oaks and Oxnard 310-926-0909 SheriJenning@mac.com

PSYCHIC readings. Call Walt 805-638-7157

MOBILE CAR WASH and Detail. Many clients in the village. Appointments, Barney, text or call 805-844-2404

CAT SITTER dependable village resident. References Marlene Collins 818-419-2159

Need help with clutter or moving? Senior discounts, free consultation. Honest, caring, dependable. Mary 805-760-6272

Lupita's Cleaning – weekly, biweekly, once a month, when moving in/out. Trustworthy. Excellent Leisure Village references. Free estimates. Call 805-302-3857 please leave a message

House Cleaning Services – Reliable, honest, hardworking. Please call Esmeralda 805-844-6359

I will organize your kitchen, office, closet & more. Free consultation. Senior discounts. Honest & caring. Mary 805-760-6272

PERSONAL ASSISTANT/DRIVER: airport, shopping, doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or part time. Your car. References available. Art Silver 805-830-9125

Professional Carpet Cleaner – Jeff G with Global Green 888-774-2547. Services include carpets, area rugs, tile and upholstery cleaning. Serving LV for over 20 years. LV Referral Resia Ross 805-484-5570

WINDOW CLEANING – Serving Leisure Village since 1996. Sparkling clean windows, mirrors, screens & tracks. Woman owned business: Free estimates. Referrals available. **REVEAL WINDOW CLEANING** – Julie 805-258-6821

Pacific Coast – window & blind cleaning, screens and frame repair, vehicle headlight restoration, gutter clean out, TV antenna & cable install. Joe 805-805-9855

HANDYMAN/INSTALLATIONS – Electrical, Plumbing, appliances, rain gutters, cleaning windows, repair broken things, hanging shelves and pictures, painting, hauling, any help. Call

Eric at Merchandise Assembly 805-210-0489

Affordable handyman for all your needs. Personal driver groceries etc 425-589-7142O

Hugo's Garden Services: lawn and garden maintenance. Clean-up, tree pruning and removal, sod/seed installation. Over 23 years working in Leisure Village, LV references 805-482-0985 or 805-216-8835

JUNK REMOVAL: TV, all electronics removal, mattress, furniture appliances, trash removal, paint removal. No job too small. Reasonable. Call Walt 805-638-7157

Experienced caregiver with 20 years experience working with the elderly. Honest, hard working and reliable. When you are in need of quality caregiving please call Lyn L @ 805-402-8483

35 years experience, worked in the village 30 years. Can help with your everyday needs and wants. Compassionate, caring, dependable, background cleared. Available all shifts. Theresa (Home with Heart) 805-402-6588

Experienced compassionate caregiver. Patient, flexible, reliable and hardworking. Can drive for your appointment or errands. Providing for you daily needs. Willing to help with anything you need. Contact Cheri 805-444-2379

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Barlows Got Your Back



It's 2025, and since we don't have a crystal ball to give us 20/20 vision into the future, an important step in protecting yourself and the ones you **LOVE** is to complete the proper legal documents now for life-changing events like illness, accident, or age-related issues that may happen in the future. One such document is an **Advance Health Care Directive**.

An Advance Health Care Directive allows you to *document your healthcare wishes in writing and name a trusted person to make healthcare decisions for you when you cannot make those decisions for yourself*. Without this, these important decisions can be placed in the hands of family members, doctors and sometimes even judges, any of whom may know little about what you would prefer be done under specific health conditions. Family members may possibly have to go through the court to get approval for what they think should be done, and not all family members will have the same opinion. One never knows how people will react in certain situations until they're actually in them.

According to the State of California Department of Justice website, "Research shows that 70 percent of Americans would prefer to be at home with loved ones in their final days, yet only about 25 percent die at home. And, one of the most requested advice from legal ads is how to deal with end-of-life issues amidst a family crisis." There is information on this website that can be helpful in the Health Care Directive process. <http://oag.ca.gov/consumers/general/care>

Have a **HEART** and make sure both you and your **loved** ones have an Advance Health Care Directive.



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